

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps.

THE VIGILEER

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Aviano Air Base, Italy



Senior Airman LaKisha Croley

Medicine man

Master Sgt. Vinnie Cannady, 31st Medical Support Squadron, explains a prescription to Aviano family member, Dorsha Clark, Nov. 3 at the Aviano Medical Clinic Pharmacy. The pharmacy fills about 260 prescriptions a day for the Aviano community.

Good to know

- The 31st Fighter Wing remains in RESCON Charlie (High) due to recent drunk driving incidents and major vehicle mishaps. Alcohol will not be sold at any 31st Services Squadron facilities, including the club. The Manhattan and Paradise clubs remain off-limits to Aviano members. There are also increased patrols around the area.

- The Great American Smoke Out takes place Thursday. The nationally recognized day is designed to encourage smokers to prove to themselves they can live a day without tobacco. The Aviano Health and Wellness Center will be in front of the Aviano Base Exchange that day to provide information about the effects of smoking and techniques to quit. For more information, call the HAWC at Ext. 4573.

Project brings cheer to Aviano

By Senior Airman Julie Weckerlein
Vigileer editor

Hibernation will not be an option for single Aviano airmen this holiday season, thanks to a new project designed to offer fun alternatives to liven up the dreary winter months.

Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, created Project Cheer (Creating Hope, Energy, Enthusiasm and Recreation) teams at installations throughout USAFE to come up with events and activities targeted for single enlisted and commissioned airmen, or unaccompanied airmen, to participate.

"Here at Aviano, we have a good number of active duty people who are single, and for many of them, this will be their first holiday away from

family," said Lt. Col. Sherry Cox, 31st Medical Group chief nurse executive and Project Cheer director for Aviano. "These activities are designed by singles for singles. If they can't be around family this holiday season, then they can be around friends, doing things that are exciting and fun."

The team came up with a list of activities while various groups and organizations sponsor the events, which include ski trips, holiday card drives, volunteering opportunities, theater marathons and more.

A focus group made up of single airmen met with team members to discuss things that would interest them. "Project Cheer lasts until March 2004.

See CHEER, page 3



CHEER, from page 1

Aviano Air Base kicked off Project Cheer with a barbecue Nov. 4, hosted by the Aviano Chief's Group. More than 1,500 steaks were grilled as airmen from around the base gathered in Hangar One to meet and eat.

"We had a great turnout," said Cox. "It was an excellent way to start off the project."

In the midst of the crowd, one airman was scurrying around, providing information about Project Cheer with her peers. Senior Airman Lindsay Sullivan, 31st Medical Group, was selected to be a "single airman" liaison for the Project Cheer group to help create opportunities that would interest people her age.

"I was telling people about Project Cheer," she said. "I really believe this program will gain a lot of interest. It's not about having 'mandatory' unit fun, which is not fun at all. These are events people

can really enjoy." Helping out with the project was an easy choice for Sullivan.

"I lived in the dorms here and at my first base, and I remember it being like a jungle, with people banging on doors, being loud and drinking all the time," she said.

"It's easy to think the only options are to stay secluded in your dorm, or to venture out into that mess." She said she was surprised to learn a number of her peers have never been to Venice, or on top of Piancavallo to the ski resort fifteen minutes away.

"Hopefully, people will come out and participate. The goal is for them to meet new friends and to learn about the area here. There is really so much stuff out there to take advantage," she said.

Events will be posted in upcoming Vigileer editions and advertised on AFN-Aviano. For more information, call Ext. 5129.



Project Cheer Events

- Flag football for singles, Nov. 27, call Ext. 7574.
- Information, Tickets and Tours singles trip to Salzburg Christmas Market, 8 a.m. to 10 p.m., Nov. 29. Call Ext. 5072 to sign up.
- "Candy Cane Lane" wooden holiday card display, Dec. 1, call Exts. 7503 or 5069 for more information.

Free concert

Celebs entertain with Operation Season's Greetings

One of country music's best-selling groups will entertain troops and their families here Thursday, and they won't be alone.

Restless Heart returns to headline the Air Force Reserve Command-sponsored Operation Season's Greetings 2003. The concert begins at 7 p.m. in Hangar One.

The five original members of the chart-topping group are back together after a 10-year hiatus. "It feels great to be able to give something back to those responsible for so many of the freedoms we as Americans enjoy today," said Paul Gregg, bass guitar player for the group. Pianist David Innis feels the same way.

Known for its distinctive five-part harmony, and with hits like "I'll Still Be Loving You," and "Why Does it Have to Be (Wrong or Right)", Restless Heart sold almost 5 million albums on the RCA label and was the first band in history to have four No. 1 hit songs on the same album.

Combined members of the Band of the United States Air Force Reserve and the United States Air Forces in Europe Band will open for Restless Heart. The band intends to set the pace for an exciting night of family entertainment.

"We are very excited about opening this year's show," said Tech. Sgt. Ken Trimmins, trumpeter and vocalist with the AFRC Band at Robins Air Force Base, Ga. "This is such a great opportunity for us to do our part in letting the troops and their families know we support them 110 percent."

The AFRC and USAF Bands are each made up of 60 full-time professional musicians assigned to different ensembles throughout the band. The two bands combined give more than

800 performances a year for both civilian and military audiences.

Kristin Gauvin, Melinda McGrath, Elizabeth Harlow and Aliston Preston will represent the New England Patriots cheerleaders and bring a little bit of holiday cheer to those celebrating the season away from home.

"Nothing will make me more proud to be an American than traveling overseas, as part of Operation Season's Greetings to support the wonderful soldiers of our country," said McGrath.

After the cheerleaders, comedian and motivational speaker Andy Andrews will perform for the audience.

Regularly appearing on national television, Andrews has been successful as a comedian on college campuses, at conventions and in concert halls across America. His primary goal is to affect attitudes in a positive way, to those his wide range of work touches.

Macon, Georgia-native Mary Therese returns as the host of OSG 2003. A co-anchor of "Eyewitness News at 5" with Frank Malloy on television station WMAZ in Macon, Ga., Mary Therese is no stranger to OSG or the Air Force.

"My father spent 32 years in the Air Force," she said. "I know what it's like to be separated from family especially during the holidays. This is the best way I know how to honor America. Since I don't wear the uniform, I can pledge my support by volunteering with Operation Season's Greetings every year. Hopefully the troops will like what they see."

OSG first started in 1995 at Aviano Air Base. For more information, Aviano members can call the Aviano Community Center at Ext. 5479. (Compiled by 2nd Lt. Lea Ann Chambers)



Aviano Air Base Editorial Staff

Commander.....Brig. Gen. Mike Worden
Chief, Public Affairs.....Capt. Eric Elliott
Chief, Internal.....Staff Sgt. Jerome Baysmore
Editor.....Senior Airman Julie Weckerlein
Staffwriter.....Airman 1st Class Jessica Switzer
Staffwriter.....2nd Lt. Lea Ann Chambers
Public Affairs volunteer.....Martin Weckerlein
Photo support.....Visual Information Center

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The deadline for submitting information is close of business Thursday one week prior to publication. Send all information to the Vigileer at vigileer@aviano.af.mil. Faxed articles will not be accepted at all by the staff. The public affairs office is located in Bldg. 1360, Rm. 19. The Vigileer staff can be reached at Ext. 7344.

The public affairs staff reserves the right to edit all material in accordance with the Associated Press Stylebook.

Good nutrition still possible while deployed

By 1st Lt. Gretchen A. Reinhardt
31st Aerospace Medicine Squadron

Maintaining a healthy diet during deployments can be a challenge, but it is possible if the focus is on the right things.

The problems that may be encountered run from living on Meals Ready to Eat, flight meals, frequently spending time at the chow hall, or grocery shopping at the shoppette or a vending machine. Either way, food choices can be extremely limited and regular meal hours can be almost nonexistent. Therefore, it is important to focus on eating right, for the body and mind to function at peak levels.

MREs and flight meals are created to sustain the body in high intensity situations. On average one MRE consists of 1,250 Calories and a flight meal ranges from 1,200-2,200 Calories depending on the supplying base. Considering the average recommended intake is 2,200 Calories for males and 1,800 Calories for females for weight maintenance, one meal eaten can fulfill the daily caloric requirement.

Therefore, some tips for eating right from these prepackaged meals would include eating small amounts of most of the foods offered and focusing on getting at least five servings of fruits and vegetables in order to meet basic vitamin and mineral requirements. Also try to limit the amount of sugary and fatty food. These foods may taste good, but can also add a lot of unbeneficial "empty" Calories as well as hinder physical and mental performance.

At the dining facility or the shoppette, the challenges faced include weeding-out the healthy food choices to balance the plate. For hot foods try to balance the plate by filling one quarter with meat, one quarter with starch, and the remaining half with vegetables. Then use fruits for snacks and desserts.

Watch portion sizes and "extras" such as butter, gravies, sauces, regular sodas, cookies, and ice cream. As for getting meals and snacks from the shoppette, know that there are good food options, but in order to get to the tuna kits, peanut butter, low-fat granola bars, fruit juices, and water; the cookies, pop-tarts, and regular sodas must be passed. Read food labels and look for Calories as well as fat and sugar in order to make an informed decision.

Choose those foods that are low in sugar and fat that fill the stomach without promoting sleepiness and unnecessary weight gain.

Truly, it is up to each individual to choose a well-rounded diet from the limited resources available. The focus should be to have at least three meals a day, to make healthy food choices, and to balance a diet with exercise. It may be more challenging when deployed, but it is possible.

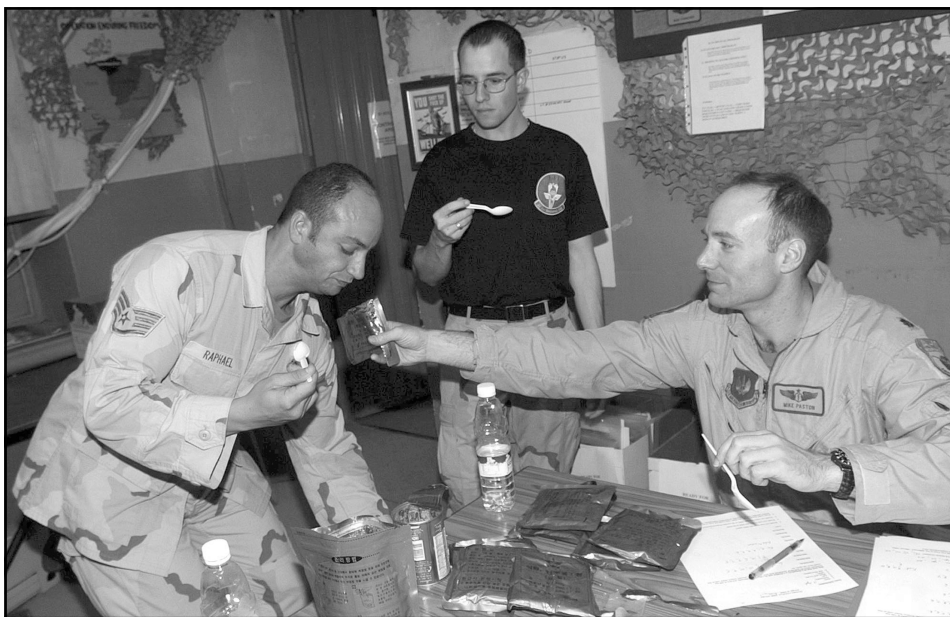


Photo by Staff Sgt. Russell Wicke

Maj. (Dr.) Michael Paston offers a Thai ration to Staff Sgt. Brian Raphael, who sniffs it skeptically, while Senior Airman Brian Miller waits his turn. Their inputs about the ration will be recorded and used in Paston's research. Paston, Raphael and Miller are assigned to the 455th Expeditionary Operations Group at Bagram Air Base, Afghanistan.

Program offers business opportunities to vets

By Army Sgt. 1st Class Doug Sample
American Forces Press Service

The Veterans Affairs loan program, long known for helping veterans get their own home, is now helping them obtain their own business.

Veterans can now go from "defending the American dream to owning it," said Don DeBolt, president of the International Franchise Association, which sponsors the Veterans Transition Franchise Initiative program.

"It's the one way we can focus attention to our veterans who are leaving the military and would like to have their own slice of the American dream and would like to have their own business to operate," he said. "And the beautiful thing about franchising is that there are no glass ceilings, there are no barriers to success."

VetFran was first introduced in the early 1990s, and officials have since worked to attract and educate members of the armed forces about the opportunities through business ownerships and franchising, DeBolt said. VetFran officials work closely with the VA to offer franchise opportunities for retiring veterans transitioning back into civilian life, he said.

The VA "is very high on finding business opportunities for former military (members), and franchising is one of the areas (identified) to look at," DeBolt said.

Businesses participating in VetFran have agreed to help veterans

acquire franchises by providing "best-deal" programs and financial incentives not otherwise available to other investors, DeBolt said. Veterans can acquire business franchises with down payments of 10 percent or less of the initial franchise cost, which can range from \$45,000 to \$150,000.

A wide range of franchises are available including food services to hotel and automotive services. VetFran has 113 companies participating in the program, DeBolt said.

"There is a large menu in franchising ... We'd like to think that there is something for everybody," he said, "not only in terms of their skill sets, their interest and their passions, but also from their pocketbook standpoint."

Veterans can find franchises for a few thousand dollars in initial investment to a few million dollars, "if you're interested in a Ritz Hotel," DeBolt said.

Veterans must realize that owning their own business is a real possibility — that "where there is a will, there is a way," he said. But he also suggested that before making a decision to own a business, veterans must take a personal inventory of their business interests.

"They need to know their skills sets, what they feel passionate about. They need to know the interests and desires of their families, what their families would be supportive of," he said.

To learn more about franchise opportunities, visit the VA's Center for Veterans Enterprise Web site at www.vetbiz.gov. (Air Force Print News)

Nightingale retirement reduces medical travel options, Overseas retirees see changes in airlift availability

By Lt. Col. Kelley Kash

USAFE Theater Patient Movements
Requirement Center Europe

The recent retirement of C-9 Nightingale aeromedical aircraft has reduced travel options to medical appointments, but overseas retirees and their families are still eligible for aeromedical airlift when in-flight medical care is required, according to U.S. Air Forces in Europe officials at Ramstein Air Base, Germany.

"While the Air Force no longer has a dedicated AE (air evacuation) airframe, the Air Force's current fleet of mobility aircraft efficiently compensates by combining AE needs with mission-essential people and cargo requirements," said Col. Mark Ediger, U.S. Air Forces in Europe Command Surgeon.

As a result of the changes, only patients requiring in-flight medical attention will be airlifted via the military AE system. This applies to flights to the continental United

States as well as missions within Europe, the colonel said.

Retirees and family members who require in-flight medical care en route to a medical facility may be transported on Department of Defense aircraft with AE-qualified crews. Military aircraft available for air evacuation include the U.S. Air Force's C-130, C-141, C-21, C-17, and KC-135.

"A C-21 is also on 24-hour alert at Ramstein Air Base, Germany, in instances when urgent medical evacuations are required," Ediger said.

Retirees and family members who do not require in-flight medical care can use any local host nation medical provider, including members of the TRICARE Europe Preferred Provider Network, a network of host nation medical providers who treat TRICARE-eligible patients.

"Since the initial planning of the C-9 retirement began nearly 18 months ago, we have worked closely with TRICARE and the other services to build upon a robust

network of qualified, caring and responsive host nation health care providers," Ediger said.

"TRICARE professionals are available to assist patients who have concerns about benefits, and language or cultural differences," he said.

If local medical care is not chosen, retirees and family members may opt for military medical care on a space-available basis. "However, if in-flight medical attention is not required, retirees or their family members may use military air to travel to an appointment if space is available, or use commercial means at their own expense," he added.

There is no charge for military space-available flights within Europe and only a nominal customs fee for overseas flights.

Retirees should check with their local TRICARE Service Center or visit the TRICARE Europe Web site at www.europe.tricare.osd.mil for more information on benefits and services.



Staff Sgt. Staci Rosenberger

Dress right, dress

The 31st Communications Squadron held an open ranks inspection Nov. 6. Lt. Col. Kathleen Harrington, squadron commander, conducted the inspection to boost squadron pride and keep airmen looking sharp.

RESCON CORNER

	<u>DUIs</u>	<u>Major Vehicle Accidents</u>
Week	2	2
28 days	5	8
Year		

2 : Injuries from accidents this week

13 : Traffic complaints this week

1 : Shoplifting incident

A senior airman failed to yield to oncoming traffic when he attempted to make a left-hand turn into a gas station on the A/P Highway in Aviano. The Italian driver in the oncoming car could not stop in time, and struck the senior airman. The airman's car had a dented door and a shattered window, while the Italian's vehicle was totaled. The Italian woman was taken to a local hospital for evaluation.

An airman first class did not adjust his speed for rainy weather, so his car slid while traveling on the Perimeter Road on Aviano Air Base. His car's back end hydroplaned into oncoming traffic, striking the another vehicle driven by a U.S. civilian, which in turn struck a third vehicle driven by a staff sergeant. The airman and civilian's vehicles had to be towed, while the staff sergeant's vehicle was driven away. The civilian was taken to the base clinic for x-rays and observation.

Sortie Board

	31st FW		510th FS		555th FS	
	Hours	Sorties	Hours	Sorties	Hours	Sorties
Goal	335.6	219	172.7	106	162.9	113
Ahead/						
Behind	+75.7	+55	+14.1	+25	+61.6	+30

Contracting opportunities

The 31st Contracting Squadron is soliciting quotes for a catholic music director and protestant religious education coordinator. Those interested should call Staff Sgt. Gray at Ext. 7338 or write to ewa.gray@aviano.af.mil to obtain the necessary paperwork.

Red Cross, California wildfires

Aviano members with relatives living in southern California who might be affected by the wildfires there may use the Aviano Red Cross to check their welfare. The Aviano Red Cross will dispatch an inquiry to the Red Cross chapter in California. The Red Cross will attempt to locate relatives, and send a reply regarding their whereabouts and welfare. Call Ext. 5576 for more information.

Holiday mailing deadlines

Space-available packages must be mailed by Thursday. Parcel air packages must be sent by Dec. 4. Priority parcels and First Class Letters and cards must be mailed by Dec. 11. The deadline for mailing express mail is Dec. 18. Call the post office at Ext. 4086 for more information.

Post office hours for the holidays

Effective now through Dec. 19, the Aviano Main Post Office finance window opens 9 a.m. Mondays through Fridays. The main post office finance window will extend hours each Thursday until 8 p.m. An additional finance window for mailing is open at the postal annex, 11 a.m. to 3:30 p.m. Monday through Friday and only accepts cash and check transactions, no

credit or debit cards are accepted. Call Ext. 4086 for more information.

Office closure

The 31st Comptroller Squadron is open 8 to 11 a.m. and 4:15 to 8 p.m. Wednesday, for an official function. Call Ext. 7409 for more information or assistance.

Key spouse meeting

A meeting focusing on family readiness groups is 10:30 a.m. Monday at the Family Support Center. For more information, call Ext. 5663.

Job application training

A workshop from 10 a.m. to noon Nov. 21 at the family support center covers electronic resume application process using RESUMIX, electronic vacancy announcements, self-nomination and civilian announcement notification system (CANS). Call Ext. 5407 for more information.

Vicenza Festa Italia Bazaar

Vicenza Military Spouses and Civilians Club is hosting a holiday bazaar from 10 a.m. to 6 p.m. Saturday and Sunday from 10 a.m. to 4 p.m. at Caserme Ederle in Vicenza, Italy.

New program available now

The Aviano Family Support Center's new Family Life Education Program encourages individuals to discover ways to create and maintain a loving home through classes and referral on couples' communication, family development skills, parenting and related issues. Call Ext. 5407 for more information.

Emergency Data System for NOK

Air Force U.S. civilian employees can benefit from the same next-of-kin notification process provided to the families of injured or killed uniformed airmen by providing their emergency contact information on a secure electronic file, EMDS.

The electronic form on the personnel center web site takes most people about 15 minutes to complete.

Civilian members can access their record by logging on the AFPC secure web page at <http://ww2.afpc.randolph.af.mil/emds>. New users will need to first establish an account. Once logged in, civilians should press the "EMDS" button to access the form.

Construction notice

Construction in front of the Commissary will take place on or about Monday into the spring of 2004. Contractors are installing more effective and permanent force protection measures there. Expect one-way traffic on the road directly in front of the BX/Commissary during this time period. Pedestrian access to and from the BX/Commissary will be provided at multiple points across the construction zone.

Book signing

There is a book signing 11:30 a.m. to 1:30 p.m. Nov. 22 at the base exchange. Giampaolo Agostinelli is available to sign his new book "Vipers in the Sky". The book features U.S. Air Force F-16 squadrons.

Tuesday Play Day

Come and join other parents with preschool age children, toddlers, and infants at Area D from 10:00 a.m. to noon Tuesdays. If the weather is nice, children can play outside. Otherwise, the group meets inside the lodge building.

Base service station

Due to damage of the base service station's computer the base service station will have limited hours of operation until further notice. The base service station is for government owned vehicles only.

Dolomiti Thanksgiving dinner

November 27, lunch is served from 11 a.m. to 3 p.m. and dinner is served from 5 to 7 p.m. Both meals are open to all. Check www.31svs-aviano.com for the Thanksgiving menu. Call Ext. 7297 for more information.

Holiday bazaar

There is a holiday bazaar 11 a.m. to 7 p.m. Nov. 29 and 11 a.m. to 4 p.m. Nov. 30 at the Aviano Community Center. Schedule an appointment and get Family portraits taken. Live Christmas trees are for sale.

Discount knives

The wood skills center is offering 20 percent off all knives and butcher blocks for the month of November. Call Ext. 7892 for more information.

Reel Times

Today - 5 and 8 p.m. "The Rundown" PG-13

A man hires a Los Angeles bounty hunter to travel to the Amazon jungle to retrieve his smart-mouthed, dim-witted, double-dealing son, in Brazil. Starring: The Rock and Seann William Scott

Saturday - 2 p.m. "Seabiscuit" PG-13

The story of a knobby-kneed, ungainly thoroughbred racehorse that captured the nation's heart during the Depression, and the jockey who overcame two career- and life-threatening spills to finally achieve glory atop the 'Biscuit. Starring Jeff Bridges and Tobey Maguire

Saturday - 7 p.m. "Medallion" PG-13

A detective and his nemesis are killed during the kidnapping of a golden child holding a mysterious medallion. They are reborn due to the medallion's magic. Starring: Jackie Chan and Claire Forlani.

Sunday - 7 p.m. "Medallion" PG-13

Monday, Tuesday - Closed

Wednesday - 7 p.m. "The Rundown" PG-13

Thursday - 11:30 a.m. "The Jungle Book" PG

\$1 children's movie matinee

Thursday - 7 p.m. "Medallion" PG-13

Nov. 21 - 5 and 8 p.m. "Out of Time" PG-13

A small-town cop has an affair with a married woman and is so in love with her that he's convinced that one criminal act can allow them to run away together. Starring: Denzel Washington and Dean Cain.

Commander's Connection

Brig. Gen. Mike Worden
31st Fighter Wing
commander



This is your direct link to let me know your comments or unresolved complaints. I will personally see each question is answered and select those of general interest to appear in the "Vigileer." All items may be edited for brevity and clarity.

Comments can be submitted by: • E-mailing cc.connect@aviano.af.mil • faxing to Ext. 7083 • mail a letter to 31FW/PA, Unit 6140 Box 100, APO AE 09604-0100 or delivering to public affairs, Bldg. 1360, Room 19. You may remain anonymous upon request. However, to receive a reply, include your name, unit and phone number.

The Commander's Connection is not intended to replace the chain of command, so before contacting the Commander's Connection, talk with managers, supervisors or first sergeants.

Running Path

Q: *The Air Force's new physical fitness program emphasizes running. To that end, I was wondering what the possibility is of creating a running path around the flightline area?*

I understand there are significant costs involved, but as a runner, I certainly appreciate the positive aspects of running outside. However, challenges arise when one runs on the road, especially at high traffic times or dawn and dusk. And, while the fitness center has a running track and treadmills, running more than a couple of miles becomes monotonous on a track or on a treadmill. A running path would alleviate these concerns.

With the Air Force implementing a more robust, physical fitness program, this would be a positive step in helping its members achieve the desired results.

A: *The new fitness program has accelerated our previous plans for installing a running path on base. We have prioritized a project to build a path in fiscal year 2004 as soon as we determine the location and other design features. Wherever they may run or ride, runners and bike riders must abide by current 31st Fighter Wing safety policy to wear reflective material on their outer garments during periods of limited visibility.*

Commander thinks years ahead, challenges others

By Lt. Col. Susan Hall

31st Medical Operations Squadron
commander

Do you ever step back and wonder where you are going to be five or 10 years from now? As one who has made that 10-year journey several times, I can give an unqualified assessment that it goes by faster than you can imagine! One day you will wake up and find that your 3-year active-duty-service commitment date has long passed. You have been in the AF for 15 years and can't remember what life was like before you started wearing the blue suit. You will be five years from retirement and looking forward to ... (you fill in the blank).

Are you where you wanted to be five years ago? Whether the answer is yes or no, can you remember what you did to get there? Did you have a plan?

Most of us float through life allowing the current of the moment to push us along. We spend more time planning the weekend than we spend planning our lives. Can you recall ever submitting leave paperwork to go out-of-town with no plan for getting there? Most would have bought a ticket or fueled up the car to get ready. We'd also pull out a map and identify a couple main roads in the right direction to get us started. Others would go on-line to map out detailed door-to-door instructions that even include how to get out of Area One. Funny that we go to such trouble to get across town but make minimal efforts to set a direction for getting across life!

Look at 16-year-old Sarah Hughes, the 2002 U.S. Gold Medal winner in women's figure skating. Right after her victory, NBC ran a home movie clip taken when she was

only 5 or 6-years old. Even at that young age, she planned on winning a gold medal at the Olympics. Do you chalk that up to luck or did setting her goal make a difference? Sure, she had to take lots of action. Her parents had to drive 90 miles each way to get her to practice everyday. That drive would get old pretty quick if you didn't have a goal; but look at the rewards of follow through. How different would the result have been if her goal had only been to be a social ice skater?

Most successful motivational speakers begin their lectures with the importance of setting goals, writing them down, and keeping them posted where you will see them a couple times every day. Like most of you, I typically set a couple of goals each January. Every now and then I run across the goals I set five to 10 years ago. The pressures of the moment frequently drove that year's goals: Get me through one more teenager's report card, lose 10 pounds, learn to do a pushup, pay off credit cards, save money for retirement, learn to do a pushup...

Napoleon Hill, author of "Think and Grow Rich," suggests that there is a precise four-point formula for achieving our goals. The formula can be found in his follow-on workbook entitled "A Year of Growing Rich: Fifty-two steps to achieving life's rewards" (Penguin Books, 1993.) The book is made up of weekly short stories of ideas for achieving our goals. Briefly, the four points are: Write down what you want the most or would make you successful. Write out a plan for getting to that objective. What do you plan on giving in return? Set a time limit. And memorize what you wrote down and repeat it many times during the day. Paste

it on your mirror or somewhere that you will see it frequently. Pretty simple sounding formula, but powerful once you follow his instructions for what to do next. Hill firmly believed that "Success in every calling is the result of definite action, carefully planned and persistently carried out by the person who conditions his mind for success and believes he will attain it."

It is the middle of November 2003 and not too early to be thinking about your goals for 2004. January and February probably shouldn't even be on the calendar because they fly by so fast! '04 at the 31st Fighter Wing will be something to behold with all the inspectors we are going to see. So you need to program what you are going to do for you—now. Where did you put the goals YOU set in January? Why not dust them off and start doing something about them? Did you plan on starting to work on that degree this year? Registration for Term II for most colleges is going on as we speak. If your goal was to save for retirement, there's really no excuse because once you set up the Thrift Savings Plan, someone else takes that little action step for you each month. October 15 started open season.

When I look back to see how my goals turned out... Well, my teenagers all made it through high school (in one piece). I regularly lose 10 pounds...this year's goal was to not gain them back. I have a TSP and just one more credit card to shred. That just leaves my most pressing goal—the pushup! (To get 10 points in the new fitness program I have to do 14.) I need to break it down into little daily actions... If I can just get past the "bend your arms" part, I'll be home free.

ALS grads ready to be supervisors

Congratulations to Aviano Airman Leadership School graduates of class 04-A. Airman Leadership School is the first step of professional military education for the Air Force's enlisted corps. Senior airmen and staff sergeant selects must complete this 24-day course in order to obtain the title "supervisor."

The John Levitow Award

Senior Airman Adam Read, 31st Maintenance Squadron

The Leadership Award

Senior Airman Jennifer Richmond, 31st Security Forces Squadron
Senior Airman Robin Cross, 496th Airbase Squadron

Distinguished Graduates:

31st Security Forces Squadron
Senior Airmen Nathan Sass, and Wayne Taylor, both of 31st SFS
Senior Airman Justin Howell, 31st MXS

Graduates of Class 04-A:

31st Aerospace Medicine Squadron:

Senior Airman Ambrose Randolph

510th Fighter Squadron:

Senior Airman Sara Schiel

555th Fighter Squadron:

Staff Sgt. Charles Hammonds
Senior Airman Jerry Pierson
Senior Airman Aaron Smith
Senior Airman Charcavous Wade

31st Maintenance Squadron:

Staff Sgt. Damian Horton
Senior Airman Michael Appel
Senior Airman Justin Howell
Senior Airman Adam Read
Senior Airman Ryan Sullivan
Senior Airman Stephen West

31st Aircraft Maintenance Squadron:

Staff Sgt. Stephen Scott
Senior Airman Matthew Giles
Senior Airman Dieter Hagggar
Senior Airman Joseph Hansen

31st Security Forces Squadron:

Senior Airman Quincy Harris
Senior Airman Elizabeth Logan
Senior Airman Jennifer Richmond
Senior Airman Nathan Sass

Senior Airman Wayne Taylor

31st Communication Squadron:

Senior Airman Joseph Andrew
Senior Airman Michael Jacobs
Senior Airman Jason Olson

31st Logistics Readiness Squadron:

Senior Airman Julio Serrano

31st Medical Operations Squadron:

Senior Airman Dana Sullivan

31st Maintenance Group:

Senior Airman Khalio Borum
Senior Airman Gregory Duncan

31st Redhorse Squadron:

Senior Airman Jennifer Culver

31st Civil Engineer Squadron:

Senior Airman Richard Aipperspach

31st Munitions Squadron:

Staff Sgt. Joshua Harris

496th Airbase Squadron:

Staff Sgt. Jonathon Winters
Senior Airman Robin Cross

603rd Air Control Squadron:

Staff Sgt. Stacy Stewart
Senior Airman Brett Eby
Senior Airman Albert Jacobs
Senior Airman Rina Tunstall

721st Air Mobility Operations Group, Det 3:

Senior Airman Maria Wilkening

31st Comptroller Squadron:

Staff Sgt. Sean Puhalic

725th Air Mobility Squadron, Rota, Spain:

Senior Airman Joleen Bray
Senior Airman Raymond Duboise
Senior Airman Daniel Hallila
Senior Airman Sean Ryan
Senior Airman George Wright

NCO academy grads return

Congratulations to Aviano non-commissioned officers who recently graduated from the Kisling NCO Academy.

Commandant's Award:

Tech. Sgt. Paul Kim, 31st Logistics Readiness Squadron

Distinguished Graduate Award:

Tech. Sgt. Anthony Arens, 31st Security Forces Squadron

Aviano NCO Academy Graduates:

31st Aircraft Maintenance Squadron:

Tech. Sgt. Shawn Hughes

31st Aerospace Medical Squadron:

Tech. Sgt. Jeriann Allen

31st Civil Engineer Squadron:

Tech. Sgt. William Deakin
Tech. Sgt. Miguel Navarro
Tech. Sgt. Rigoberto Chacon

31st Logistics Readiness Squadron:

Tech. Sgt. Paul Kim
Tech. Sgt. Ilan Cribb

31st Maintenance Group:

Tech. Sgt. Kevin Wirhouski

31st Maintenance Squadron:

Tech. Sgt. Marco Santos
Tech. Sgt. Richard Waterback

31st Medical Support Squadron:

Tech. Sgt. George Macias

31st Munitions Squadron:

Tech. Sgt. Everard Oliver

31st Security Forces Squadron:

Tech. Sgt. Anthony Arens

555th Fighter Squadron:

Tech. Sgt. Michael Hudson

603rd Air Control Squadron:

Tech. Sgt. Cesareo Montoya



Got a way with words?

Then join Aviano's Name the Shuttle Bus contest and win a TV and DVD player

Submit entries, with the subject line "name the shuttle bus" to zfm@aviano.af.mil no later than midnight Dec. 1. All Aviano members are eligible to win and may submit up to five entries. The winning name will be announced on the ZFM morning show Dec. 15.

510th FS conducts CSAR training in Iceland

By JO2 Travis D. Eisele
Keflavik Naval Air Station

Too late, a pilot cranes his neck; searching the skies for the missile his flashing indicators warn is screaming toward him. The missile's impact jars him forward. After trying the jet's unresponsive controls, he pulls the ejection handles and parachutes to relative safety, where he turns to the training he received in survival evasion, resistance, escape school.

Meanwhile, hundreds of miles away, personnel are already piling into a briefing room determined to save the downed pilot. They coordinate air-to-air cover and air-to-ground protection for the rescue helicopter crews who will authenticate the pilot's identity and pick him up.

Naval Air Station Keflavik's 932nd Air Control Squadron, 85th Group Operations Squadron and 56th Rescue Squadron have practiced this combat search-and-rescue scenario for two weeks with Aviano's 510th Fighter Squadron. While there, the 510th participated in Dissimilar Air Combat Training missions by facing off against the F-15s of the 493rd Fighter Squadron deployed to the 85th Operations Squadron from Royal Air Force Lakenheath, United Kingdom.

The squadron's involved all agreed on the excellence of Keflavik as a training environment.

"Training here is unique because of all the assets that are available," said Lt. Col. Mike Fantini, 510th FS commander. "We have the helicopters, tankers and fighter protection platforms we'd be working with in a real situation all together here in one place."

Lt. Col. (ret.) Byron Hukee, a combat CSAR veteran with more than 3,100 hours flying fighter aircraft accompanied the 510th FS to Keflavik. Hukee was an A-1 Skyraider pilot in Vietnam where he flew as a "Sandy" ground support rescue pilot. Hukee also flew the F-16 Viper later in his career, so he is uniquely qualified to enhance the training experience of the "Sandy" pilots from the 510th.

Hukee said, "Despite the fact that it is more than 30 years since I flew my missions in Vietnam, the challenges faced by today's F-16 "Sandy" pilots are largely the same as I faced in Vietnam. We had to first locate the survivor, determine the threat to friendly forces, then affect his recovery. By sharing some of my mission experiences with the F-16 pilots, I have added to their overall knowledge that will

hopefully allow them to be successful."

Capt. David Mineau, the 85th Operations Squadron's Flight commander, said that the tempo of their missions have not increased during the exercise, but the training potential has increased due to the number of different platforms and aircraft involved.

"We're flying the same number of sorties as we normally would," said Mineau. "But because we have all these different types of aircraft available, the complexity of the scenarios has increased. When you can involve all of these different components together you get more realistic and challenging training."

He added that having the F-16s visiting also helped them with their air-to-air training during the DACT mission.

"We try to train to a large threat," said Mineau. "With the F-16's here we were able to train to a higher level because we weren't as limited as usual by the number of aircraft available. Plus the pilots already know the capabilities of their own aircraft so when they are fighting against other F-15's they know exactly what they can and can't do. When they are fighting against F-16's the pilots may not know the strengths or weaknesses of their adversaries as well."

Capt. Aaron Gibney, the chief of weapons and tactics of the 932nd Air Control Squadron said that the weapons controllers at the 932nd also gained some valuable experience during the exercise.

"Our main goal was to teach our airman something they hadn't really seen or worked with before," said Gibney. "Most of the time they are only dealing with the aircraft from the 85th Operations Squadron and the 56th Rescue Squadron so this exercise gave them an opportunity to see another platform in action and learn it's capabilities and what expectations the pilots might have. They also got to learn some of the complexities of the CSAR operations by experiencing them rather than reading about them in manuals."

Fantini said that the environment here is wonderful for training opportunities.

"This was just perfect," said Fantini. "We had the platforms available that we'd normally work with and the airspace was a huge advantage because we had the room available for whatever scenario we wanted to perform. Another benefit was it was with units we might have to work with in the future and we'll have had that face-to-face contact with the guy on the other end. That's always a huge advantage."

Inspector General eyes and ears of commanders

By Lt. Col. Roland L. Schwandt
31st Fighter Wing Inspector General

Probably the most well known Inspector General activity is the compliance inspection—this gets a lot of visibility. Probably the most misunderstood IG programs are the Personal Complaints and Fraud, Waste, and Abuse (FWA) programs. Each of these programs play a critical role in ensuring the economy and efficiency of the Air Force.

The role of the Installation IG is to be the "eyes and ears" of the commander. The IG functions as a fact-finder and honest broker in the resolution of complaints and uses trend data to inform commanders of potential areas of concern. In addition, commanders and members of the base population are educated and trained on their rights and responsibilities regarding the Air Force IG system. Finally, IGs help commanders prevent, detect, and correct FWA and mismanagement.

According to AFI 90-301, Inspector General Complaints, the IG Personal Complaints and FWA programs are

leadership tools that indicate where command involvement is needed to correct systematic, programmatic, or procedural weaknesses and to ensure resources are used effectively and efficiently. These programs attempt to resolve problems affecting the Air Force mission promptly and objectively and to create an atmosphere of trust in which issues can be objectively and fully resolved without retaliation or the fear of reprisal.

The IG ensures the concerns of Air Force active-duty, Reserve and Guard members, civilian employees, family members, retirees, and the best interests of the Air Force are addressed through objective fact-finding.

One key facet of the Installation IG is objectivity. The IG's job is to gather facts in an unbiased manner. After completing an investigation, a report is provided to the commander (at the proper level) who takes the appropriate corrective action.

Some people believe the IG can implement change or corrective actions, but, in fact, the IG only makes recommendations. Commanders are the ones empowered and expected to take corrective action when an

IG report identifies noncompliance or presents evidence of a wrongdoing.

The rules for access to the IG are simple. No one can prevent a service member from contacting the IG. Service members are allowed to file an IG complaint without notifying or following the chain of command.

The IG helps commanders enforce discipline by identifying, through IG reports and trend analysis of IG data, when an area needs additional command attention. Service members file IG complaints for many reasons, but it always comes down to discipline; somehow, somewhere, there was a lapse in discipline.

DoD Directive 7050.6, Military Whistleblower Protection, allows service members to lawfully report allegations of wrongdoing to members of congress, any level of IG, commanders having UCMJ authority, and to certain investigative agencies. These communications are called protected communications.

For more information, call the 31st Fighter Wing Inspector General office Ext. 8649 or 4669.

MONTH OF THE MILITARY FAMILY

November is celebrated as the Month of the Military Family. It's also the month when a number of military moms and dads deploy. Below are suggestions on ways military parents and children can remain close despite the distance. Call the Aviano Family Support Center at Ext. 5407 and Aviano Family Advocacy at Ext. 5568 for more information about dealing with separation.

Make a tape of bedtime songs. Write new words to familiar melodies, using your child's name. For older children, make a mix tape of their favorite radio songs.

Write out "I love you" in the sand or snow. Take a picture of it and send it home.

Have you and your child set up a specific time everyday that you will both stop and think of each other.

Make a videotape of the deploying parent reading bedtime stories.

Cut out some hearts and write short messages on them. Send them with your letters.

Draw or trace pictures and assemble them into a personalized coloring book.

Make a package for your child that can only be opened when he or she is ill and you are away. You can include: chicken noodle soup, a stuffed animal for them to hold, a favorite candy or snack, a special blanket or pillow and a letter, video or audio tape message from you wishing them a speedy recovery. A similar package can be made for bumps and bruises, and can include a comic bandaid, a lollipop, etc.

Encourage your child to write his or her own personal history or to begin keeping a journal.

Send a recipe from the area in which you are traveling or living.

E-mail a paragraph a day of one letter.

Have your child send a picture to you from the family album. Then write a letter telling him or her the story behind the picture.

Buy a large piece of paper or cloth. Trace your arms and hands and cut them out. Send it to your child as if it were a "hug" from you.

Find out from someone what activities your child is involved in that your child thinks you are not aware of. (Teachers are a great source of information like this.) Surprise your child by asking about those activities.

Make a reward or certificate of achievement for your child's accomplishments. You can send a certificate when he or she learns how to ride a bike, makes the cheerleading squad, eats all his or her vegetables, etc.

Choose together a favorite drink, food, candy bar, sport, etc., that you will adopt as your "Official Family Sponsor." Send some of these things or pictures of these things, between the two of you.

(Information from the National Institute for Building Long Distance Relationships)



Colonel Rosario Scarpolini, Italian Air Force base commander and Brig. Gen. Michael Worden, 31st Fighter Wing commander present Lt. Gen. (ret) Michael Short, former 16 Air Force commander with a plaque during the Veterans Day ceremony here Nov. 6.



Airman 1st Class Paul Stout, 31st Maintenance Squadron, Staff Sgt. Ricardo Russo, 31st Medical Support Squadron, Tech. Sgt. Gregory Giles, 510th Fighter Squadron, Senior Airman Jennifer Molina, 31st Civil Engineer Squadron, and Airman 1st Class Simon Zika, 31st Civil Engineer Squadron, perform at the Veteran's Day Ceremony here Nov. 6.

Col. Lee Payne, 31st Medical Group commander, Lt. Col. Mike Fantini, 510th Fighter Squadron commander and Luogotenente Arcangelo La Marca, Aviano Airport Carabinieri commander offer salutes during the playing of taps at the Veterans Day Ceremony. Welcome home refreshments were served following the ceremony to thank Aviano members returning from deployments.



Swimming, cycling, running Airmen take the long trail to become... **Ironmen forged, born**

By 1st Lt. Nicholas Sabula

31st Fighter Wing Public Affairs

Two triathletes from Aviano Air Base have led the Air Force Triathlon Team to the military championship at the 25th running of the Hawaiian Ironman World Triathlon Championship in Kailua-Kona, Hawaii, Oct. 18.

Bryant Hafler, 31st Maintenance Squadron, was the second Air Force finisher and third military finisher overall in a time of 10 hours, 41 minutes and 14 seconds. Tamara Parsons, 31st Operations Support Squadron Weather Flight, finished in 12 hours, 20 minutes and 46 seconds. Each overcame weather in the high 90s and equally high humidity to finish the 2.4-mile swim, 112-mile bike portion and the 26.2-mile marathon run.

"When you're there it's easy to lose sight of the fact that this is the world championship," said Hafler. "Even the slow people at this race are fast."

The Ironman swim is the distance of 152 times across a 25-meter pool. However athletes must deal with ocean swells, other athletes kicking or hitting you, and even creatures of the sea.

"There were jellyfish—I got a couple stings," said Parsons. "Also, there were over 1,600 of us, times about four appendages, and you were going to get hit," said Parsons, who like other triathletes was a victim of body contact during the swim.

"There was a lot more bumping than when I did it 5-years ago, said Hafler, who had been trying to return to Kona since racing there in 1998. "My plan on the swim is always to conserve energy."

However, once free of other swimmers and terrors of the deep, the view of the coral reefs below and the clear water made for a real treat.

"The swim is incredibly beautiful, it's like going snorkeling. You can see the pier and see the reef and it was really entertaining," said Parsons.

Hafler exited the water in 1 hour, 10 minutes and 6 seconds, Parsons got out in 1 hour, 12 minutes and 51 seconds.

After triathletes finish the swim, they enter what's called the transition area—where athletes transition from swim to bike and bike to run. Here the athletes also change clothes in designated tents before heading out for 112 miles of hilly, hot and windy conditions. The clock doesn't stop when the triathletes are in these areas, but some of the over 5,000 volunteers assisting participants throughout the course made it easy for triathletes to focus on the race itself.

"The volunteers are there doing everything for you," said Parsons. There was a volunteer there handing you your bike, putting on sunscreen, etc., she said.

Once out on the bike course Parsons switched gears and started focusing on her

nutrition and hydration, which is essential to finishing an Ironman.

"I was going a lot off my last experience so I was just waiting for the wind to kick in when I started the bike," said Hafler.

The brutal winds usually present during the day that have been known to knock riders off their bikes were noticeably absent during the first half of the ride, but would cause problems during the later miles.

"For awhile I thought I was going to average 22 miles per hour for the bike until I hit the last 20 miles," said Hafler. At that point the winds picked up and it was tough, he said finishing the bike portion in 5:30:39 and averaging 20.32 mph.

During the bike, the one thing I tried not to do was think about the marathon, said Parsons. I compartmentalized everything during this race to focus on one thing at a time, she said. She came off the bike in 6:29:43, averaging 17.24 mph for 112 miles.

"I was just thinking 'I hope my legs are going to work because I spent the last six and a half hours clipped into my bike,'" said Parsons. "I was also worried because my ankle had been bothering me," she said, aquajogging the last three weeks before the race to avoid aggravating it.

"I knew that I was dehydrated coming off the bike, so I walked every water stop to rehydrate, then I started running again," said Parsons.

If overcoming the heat, wind and dehydration problems aren't enough, there's a point for every Ironman competitor where the body breaks down and the race becomes much tougher—it becomes a mental battle to reach the finish.

"With all the airflow on the bike you don't realize how hot it is until it's time to run," said Hafler. "I wanted to be in the 3:30 range, but once I got about an hour into it I realized this wasn't going to happen. I'd rather keep a pace I could finish strong with than push too hard and collapse at the finish."

As darkness fell on Kailua-Kona and Parsons neared the finish line, she finally was able to experience the rite of passage given only to finishers of the 140.6-mile endurance race. As Parsons ran toward a flood of spotlights pointed at her, she could only hear the roar of the crowds lining the street and was almost blinded by the light.

"All I saw was the light and it was very funny because it was like 'did I die and go into the light?'"

Both athletes maintain that the difference between finishing how they want and not finishing at all is the result of preparation, proper training and monitoring their nutrition the whole day.

"I trained so I could do the race, and enjoy the race, said Parsons. "I didn't want to finish this race and not want to train for awhile. Having a plan was the key."



Courtesy photo

Bryant Hafler, 31st Maintenance Squadron, was the second Air Force finisher and third military finisher overall in a time of 10 hours, 41 minutes and 14 seconds.

"A lot of people fail because they don't do what they planned for. If you get to the starting line and you've done your homework, and stick to your plan and don't change anything you can do it."

"I got on my bike and told my parents I'd be back in 6:30 and I finished the bike in 6:29. I told them I'd finish the marathon in 4:30 and I finished it in 4:29. I knew what I wanted to do and I stuck to my plan," she said.

"Once you get to that point in the run where you realize that you're going to finish and do well it's just sheer joy," said Hafler, who finished this championship race in 1998. "At that point you start looking around and really enjoying the atmosphere. Before I finished they announced my name and said 'air force.' I got the crowds wound up and the volume just increased 20 decibels from what it was."

And after five years, Hafler again crossed the finish line to the roar of the crowd and the announcer proclaiming, "Bryant Hafler, you are an Ironman."

"I came across the finish line and they announced U.S. Air Force and everyone went crazy," said Parsons, finishing with a 4:29:05 marathon; a 10:16 mile pace.